

Amendments to the claims:

Please replace all prior versions and listings of the claims with the following amended claims:

Listing of Claims:

1. (Currently Amended) A portable electronic device wherein the portable electronic device is configured to provide an audible signal at a repeated frequency selectable by a user wherein the repeated frequency corresponds to an interval between two tenths of a second ~~[[to]]~~ and ten minutes and wherein the electronic device comprises:
  - a. a timing unit contained within a waterproof housing, wherein the timing unit comprises:
    - i. a plurality of buttons configured to allow the user to select a single frequency as the repeated frequency;
    - ii. a display configured to display a numerical representation of the repeated frequency selected by the user; and
    - iii. a power source; and
  - b. a detachable clip member configured to detachably couple to the timing unit and to a pair goggles.
2. (Canceled).
3. (Currently Amended) The portable electronic device of claim 1, wherein the plurality of buttons are further configured to turn the portable electronic device ~~of claim 1~~ on and off and to increase or decrease the single frequency selected by the user.
4. (Original) The portable electronic device of claim 1, wherein the timing unit is waterproof and is formed from a high impact plastic.
5. (Currently Amended) A electronic pacing device comprising:
  - a. a housing, ~~wherein the housing comprises~~ comprising:
    - i. a programmable timing circuit configured to allow a user to select a single pacing frequency through a plurality of buttons;
    - ii. means for providing an audible signal corresponding to the pacing

- frequency; and  
b. a clip member configured to detachably couple to the housing and to eye wear.

6. (Original) The electronic pacing device of claim 5, wherein the housing is waterproof and is formed from a high impact plastic.

7. (Canceled).

8. (Original) The electronic pacing device of claim 5, wherein the programmable timing circuit is further configured to allow the user to select a duration of time for which the audible signal is to be provided.

9. (Original) The electronic pacing device of claim 5, wherein the pacing frequency is an interval between two tenths of a second and ten minutes.

10. (Original) The electronic pacing device of claim 5, wherein the programmable timing circuit is further configured to store preferred settings inputted by the user.

11. (Currently Amended) An electronic tempo device comprising[[:]]  
[[a.]] a detachable clip member for detachably coupling to goggles and detachably coupling to a housing[[:]] and  
[[b.]] ~~a housing~~, wherein the housing comprises:  
[[i.]] a. a programmable timer configured to be programmed with a single set frequency interval;  
[[ii.]] b. means for providing a repeated audible cue at the set frequency interval;  
[[iii.]] c. a display configured to display a numerical representation of the set frequency interval;  
[[iv.]] d. a power source configured to provide power to the means for providing a repeated audible cue and the programmable timer; and  
[[v.]] e. means for inputting controls to the device, wherein the means for inputting controls to the device is configured to turn the device on and off and program the set frequency interval.

1 12. (Original) The electronic tempo device of claim 11, wherein the timer further comprises a  
2 storage means configured to record, receive, and store use data and output a user  
3 outcome.

1 13. (Original) The electronic tempo device of claim 11, further comprising a processor chip  
2 with firmware.

1 14. (Original) The electronic tempo device of claim 13, wherein the processor chip with  
2 firmware is configured to convert cycle rates to cycles per a unit time.

1 15. (Canceled).

1 16. (Cancelled).

1 17. (Original) The electronic tempo device of claim 11, wherein the housing is waterproof  
2 and is formed from a high impact plastic.

1 18. (New) A timing device comprising a clip member for detachably clipping to a goggle  
2 strap and detachably coupling to a waterproof housing unit for housing:  
3 a. a timing unit contained within the waterproof housing, wherein the timing  
4 unit comprises and input means to select an input a frequency  
5 corresponding to an interval between two tenths of a second and ten  
6 minutes;  
7 b. an audio means to produce a sound corresponding to the frequency; and  
8 c. a power source.